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Put all vegetables into brine over night, then freshen in clear water for 2 hrs.
Let these vegetables stand in liquor of $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water for 15 minutes, then scald
in same liquor.

United States Department of Agriculture,
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OFFICE OF EXTENSION WORK IN THE SOUTH.
FARMERS' COOPERATIVE DEMONSTRATION WORK.

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TO CANNING CLUB GIRLS IN THE SOUTH:

These recipes have been prepared for uniform 4-H Brand pickles and ketchup. All measurements are level and should be carefully made. Abbreviations used are: tbsp = tablespoonful; tsp = teaspoonful; c = cup. Brine in which vegetables stand for brief time is about 45% (1 c. salt to 1 gal. water). If vegetables are to be brined for several months, it is necessary to use a salt per cent scale (see letter 853) and to ask us for further instructions.

TOMATO KETCHUP. Select red ripe tomatoes. The extra juice, small and broken fruit, which will not do for canning, may be used, if they are sound and red. Any green or yellowish parts of fruit will make a ketchup inferior in flavor and color, and not good for market. Use whole spices tied loosely in a bag while cooking and remove before bottling to prevent darkening the product caused by ground spices. This does not apply to red pepper, which helps to give a bright red color. The pulp of sweet Spanish pepper or the ground Hungarian paprika may also be used to give color and flavor. Remove seeds from sweet red pepper, chop and add 1 c. of this pepper and 2 medium size onions to 1 gal. tomatoes before cooking.

Cook the tomatoes thoroughly, put through a colander or sieve, saving all pulp, and measure. For every gallon of pulp use the following:

2 tbsp. salt	1 level tbsp. each whole of allspice,
4 " sugar	cloves, cinnamon and pepper
1 " mustard (Powdered)	2 small red peppers sliced and seed
1 pt. good vinegar	removed.

After putting tomatoes through colander add ground spices and spice bag, and cook for 1½ hours, or until nearly thick enough, then add vinegar and cook until thick. Rapid cooking (being careful not to scorch the ketchup) will give a better color than slow cooking. The finished product should be a fine bright red.

Pour the ketchup at once into hot sterilized bottles. If any quantity is made for sale, set the hot bottles at once into a vessel of hot water, having a false bottom in it to prevent breakage, put the cork stoppers in loosely and process at boiling point for 30 minutes. Drive the corks in tightly and when cool dip mouth of bottle into melted paraffin, or cover stopper with sealing wax.

MUSTARD PICKLE.

VEGETABLES.

DRESSING.

1 pt. whole small cucumbers	:	1 qt. vinegar
1 pt. sliced cucumbers	:	4 tbsp. flour
1 pt. small whole onions	:	1 c. sugar
1 c. beans	:	3 tbsp. powdered mustard
3 green sweet peppers	:	½ tbsp. turmeric
3 red " "	:	1 tsp. celery seed
1 pt. green fig tomatoes, or	:	
1 pt. cauliflower.	:	

Cut all vegetables before measuring: tomatoes into halves, cucumbers into slices, string beans into 1½ in. length, diagonally or on the bias, and chop peppers. All vegetables should be tender, and the whole cucumbers not longer than 2½ inches.

Put all vegetables into brine over night, then freshen in clear water for 2 hrs. Let these vegetables stand in liquor of ½ vinegar and ½ water for 15 minutes, then scald in same liquor.



To make mustard dressing, rub all the dry ingredients together until smooth, then add the hot vinegar slowly, stirring to make smooth paste. Cook over pan of water, stirring carefully, until the sauce thickens. Then drain the vegetables thoroughly and pour the mustard dressing over them while hot. Mix well and pack in sterilized jars. Process 10 oz. jars for 20 minutes at 180° F. (Simmering).

SPICED CUCUMBER SALAD.

VEGETABLES.

5 lbs. sliced cucumbers :
 (about 2 dozen) :
 ½ c. chopped onion :
 2 c. " sweet red pepper :
 1 c. " " green pepper :

SPICED VINEGAR.

1 qt. vinegar
 ½ c. sugar
 1 tbsp. each salt, powdered
 ginger and mustard seed
 2 tsp. celery seed 'crushed
 1 tbsp. each of whole pepper,
 cloves, cinnamon & allspice.

Mix the cucumber and onion and sprinkle alternate layers with salt, using ¾ c. for whole. Let stand over night. Put peppers in brine over night. Next morning drain vegetables and freshen for 1 to 2 hrs. in clear water.

Put all whole spices in cheesecloth bag except the celery seed and mustard seed, which are put in loose. Add spices to the vinegar and boil for 5 minutes. Drain the vegetables well and pour the hot spiced vinegar over them. Let stand 24 hours. Pack, distributing the pepper well and flattening some of the cucumber slices against the face of each jar. Fill jars with same vinegar and paddle well to remove all bubbles. Garnish with strips of red pepper or pieces of spice. Process 12 oz. or pint jar for 15 minutes at 180° F.

PICKLED ONIONS.

Select small white onions and sort into two sizes, ½ in. diameter in one and ¾ in. in other. Peel, cover with fresh water and let stand for 2 days, changing the water on second day. Wash well and put in brine for 4 days, changing brine at end of second day. Take out of brine and put in boiling water. Let stand for ten minutes, then put in cold water for 2 hours. Drain, and pack in jars, putting in a few small red peppers, and garnishing with sprigs of mace. Fill jars to overflowing with spiced vinegar, made previously and allowed to stand for a few days with spice bags left in it. Process as for pickles.

SPICED VINEGAR.

½ gal. vinegar
 1½ tbsp. celery seed
 ½ c. grated horseradish
 1 c. sugar.
 1½ tbsp. mustard seed
 1 " salt
 1 " cinnamon

Cloves, nutmeg, and grated onion may be added if desired.

GREEN TOMATO PICKLE.

1 gal. green tomatoes
 ½ doz. large onions
 3 c. brown sugar
 ½ lemon
 3 pods of red pepper
 3 c. vinegar
 1 tbsp. whole black pepper
 1 " " cloves
 1 " " allspice
 1 " celery seed (crushed)
 1 " mustard seed.
 1 " ground mustard.

Slice the tomatoes and onions thin. Sprinkle over them ½ c. salt and let stand over night in a crock or enamel vessel. Tie the pepper, cloves, allspice and celery seed in a cheesecloth bag. Slice the lemon and chop 2 pepper pods very fine. Drain the tomato and onion well. Add all seasoning except one pepper pod to the vinegar, then add the tomato and onion. Cook for ½ hour, stirring gently at intervals to prevent burning. Remove spice bag to prevent darkening product. Pack in 10 oz. jar and garnish with slender strips of the red pepper, placing them vertically on the opposite sides of each jar. Process for 15 minutes.

SINCERELY YOURS,
 MARY E. CRESWELL,
 OLA POWELL,

ASSISTANTS IN HOME DEMONSTRATION WORK.

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Sincerely Yours,
MARY E. CRESWELL,
OLA POWELL,
ITS IN HOME DEMONSTRATION WORK.